



2015 Coed Volleyball League Rules

NFHS Volleyball Rules and USA Coed Volleyball Rules shall govern league play with the following changes and clarifications as indicated by the City of Maple Valley Parks & Recreation.

Rule 1 – The Game

SECTION 1 MATCHES

ART. 1... Matches shall consist of 3 games played to 25 points using rally scoring. All three games shall count toward a team's league standings.

ART. 2 ... Should less than 15 minutes remain, the third game of the match shall be played to 15 points.

ART. 3... Matches must be concluded at 55 minutes past the hour.

ART. 4... All games must be won by 2 pts. with a cap of 30 pts. The first team to 30 pts. wins the game.



USA Volleyball.

Rule 2 – The Court & The Net

SECTION 2 PLAYABLE OVERHEAD OBSTRUCTIONS

ART. 1... A ball striking the ceiling or an overhead obstruction shall remain in play provided the ball contacts the obstruction on the side of the net that is occupied by the team that last played the ball, and the ball is legally played next by the same team.

SECTION 3 NET HEIGHT

ART. 1... Placed vertically over the center line there is a net whose top is set at the height of 7' 4 1/8", measured from the center and sides of the playing court. [7' 2 1/8", USA Volleyball Regulations]

Rule 3 – Game Equipment

SECTION 1 GAME BALL

ART. 1... The City of Maple Valley Parks & Recreation will provide the game ball for all matches sanctioned. Teams may provide another match ball if the City's volleyball becomes defective but both teams must agree on the replacement volleyball.

Rule 4 – Player Participation, Equipment & Uniforms

SECTION 1 PLAYER PARTICIPATION

ART. 1... Players must be at least 18 years of age prior to participating. Teams may have one 16 -17 year old player but the player's Minor Waiver Form must be complete and on-file prior to participating.

ART. 2... Players may be added to the team roster at any time during the regular season. However, players must participate in a minimum of 3 matches or 1/3 of the total season matches, whichever is greater, to be eligible for post-season play.

ART. 3... Substitute Players. Players may participate on only one team in the entire league. Substitute players may be acquired through the Player's Pool. The Recreation Department reserves the right to grant special permission to a player to substitute for a team in the league. Players participating illegally may face vacated victories and possible suspension.

SECTION 3 UNIFORMS

ART. 1... All adult sports teams are responsible for providing their own uniforms. Players must have similar uniforms with six-inch numbers or names on the back.

Rule 6 – Team Composition & Rotation

SECTION 1 COMPOSITION

ART. 1... Teams must play with 3 males and 3 females, alternating genders in both service order and rotation order, if able.

ART. 2... Teams must start and finish with a minimum of 4 players and there must be a minimum of 2 players of each gender.

ART. 3... Gender Restrictions: The number of males on the court shall at no time exceed 3. Legal player combinations include: 3M-3F, 3M-2F, 3F-2M, 4F-2M.

ART. 4... Should a team have to play short, teams must not have more than 2 of either gender in consecutive service or rotational order and may not have more than 2 males in the front row at any time.

SECTION 1.B PLAYERS IN ATTENDANCE

ART. 1... In the name of recreation and fair play, all players in attendance must play. Referees will conduct a pre-game roster check noting who is participating in each game and match. Player participation is tracked throughout the season and affects postseason eligibility.

SECTION 4 PLAYER POSITIONS

ART. 1... The position of players in order of the serve shall be Right Back, Right Front, Center Front, Left Front, Left Back and Center Back. Each team's rotation does not occur until the first server from both teams has completed their term of service. Thereafter, the team receiving the ball for service shall immediately rotate.

ART. 2... The serving order and positions on the court at service shall be male and female alternated. [See Rule 6.1.4]

ART. 3... Teams may rotate players from the bench onto the court at any of the six court positions. Players must rotate into the same court position throughout the entire game and that position may change when the game is finished.

ART. 4... Players must rotate through all positions on the court.

Rule 7 – Roster

SECTION 1 ROSTER

ART. 1... Each team must submit an official team roster to the gym supervisor before participating in the first scheduled game. Players may be added or removed from the roster at any point during the regular season.

Rule 8 – The Serve

SECTION 1 GENERAL

ART. 1... All players must be included in the serving order. Each player shall have one term of service each time the serving order is repeated.

ART. 2... Serving alternates as "side-out" is called.

ART. 3... Serving out of order shall result in a loss of serve and a point for the opposing team.

ART. 4... A re-serve shall be called when the server releases the ball for service, then catches it or drops it to the floor. The referee shall call for a second and last attempt at serve.

ART. 5... Blocking is prohibited on any service.

ART. 6... Opponents may not attack a service; referee's judgment.

SECTION 2 JUMP SERVES PROHIBITED IN LOWER LEAGUES

ART. 1... Jump serves are expressly prohibited in the recreational and mid-level leagues. Players shall receive a warning and shall re-serve for the first infraction and a loss of point and service for subsequent infractions.

Rule 9 – During Play

SECTION 1 POINTS

ART. 1... Any player committing any of the following acts shall result in a loss of point and service for the opposing team:

- a. failing to return the ball within the opponent's court
- b. hitting the ball illegally
- c. playing the ball more than once in succession
- d. becoming the fourth player to contact the ball
- e. committing a foot foul
- f. catching the ball
- g. holds or pushes the ball against the net
- h. touches the net while the ball is in play
- i. hitting the ball while the ball is on the opposing side of the net
- j. having an entire foot over the division line when the ball is in play
- k. failing to be in own court area when the ball is served
- l. spiking the ball ahead of the ten-foot line (back row players)
- m. entering the game illegally

ART. 2... **Playing the Ball, Other than Hands/Arms:** The ball may touch any part of the body regardless of intent but players must have at least one foot on the ground. Kicking the ball is allowed provided the player has at least one foot on the ground.

SECTION 2 NET BALLS

ART. 1... Any ball striking the net and crossing to the opponent's side of the court remains in play, including serves.

SECTION 4 DOUBLE-FOULS

ART. 1... A double-foul shall be called when players on opposing sides commit a foul simultaneously. In the case of a double-foul, no points shall be awarded and the play shall be repeated.

SECTION 5 SIMULTANEOUS CONTACT

ART. 1... If two or more players, of the same team, contact the ball simultaneously it is considered one contact. The players involved may participate in the next contact.

SECTION 8 BACK ROW PLAYER PARTICIPATION

ART. 1... Back row players may not attack play (block, spike, set) while within the front zone. **RESULT:** illegal contact, side out. If a back row player in the front zone contacts the ball when the ball is entirely higher than the top of the net, it is considered a back row attack. Back row players may attack play but must leap from entirely behind the front zone division line.

Rule 11 – Time Outs & Intermission

SECTION 1 NUMBER OF TIME OUTS

ART. 1... Each team shall be awarded one time out, 30 seconds in length, during each game. Unused time outs do not carry over between games or matches.

Rule 12 – Player Conduct

SECTION 1 CODE OF CONDUCT, PLAYER CONDUCT, ALCOHOL & TOBACCO

ART. 1... By signing the official team roster, each player agrees to abide by the Code of Conduct as published on the City of Maple Valley's website for all City of Maple Valley sanctioned games. The Code of Conduct can be found on the back of the team's roster and a copy may be printed from the City of Maple Valley's website.

- a. Any player ejected from two games will be suspended from league play and may not participate until meeting with the Parks & Recreation Department.
- b. Because Maple Valley encourages sportsmanship and family participation, cursing of any kind will not be tolerated. Offenders shall be subject to punishment by the game officials. In game penalties shall range from a warning (yellow card) to a game ejection (red card.)

ART. 2... Alcohol and tobacco products are expressly prohibited on Tahoma School District property and while participating in **any** Maple Valley Parks & Recreation sports league. Any player caught with, appearing intoxicated or smelling of alcohol shall be ejected immediately from the match.

POINTS OF EMPHASIS

Forfeits: If at any time during a game the leading team causes a forfeit, the score shall be recorded as 25-10. If at any time during a game the trailing team causes a forfeit, the current score shall stand. Any team committing excessive forfeits during a season shall be suspended until a meeting with the Recreation Manager has been conducted.

League Standings and Tie-Breakers: In case of a tie in the league standings the following tie breaking rules shall be applied:

- (1) The win/loss record between all tied teams
- (2) The total number of games won against the highest ranked, mutual opponent
- (3) Total points scored vs. tied teams
- (4) A coin toss

Children in the Gym: Per Tahoma School District Policy, unsupervised children in the gym pose a significant danger to players participating. Children must be supervised by a non-participating adult. Players who bring children who are left unattended and playing in the hallway, storage areas or bathrooms will have their games stopped until their children are under control. Beginning in 2012, an adult staffed child care option will be provided to teams for a minimal cost.

Playing the Ball: The following situations could occur during a match and the proper rulings are listed:

SITUATION 1: S6 is near the end line of her court and ducks to avoid touching an attack hit by R2 that is coming in her direction. The ball contacts S6's hair before going out of bounds. **RULING:** The ball is ruled out of bounds on Team R. Contact that is clearly by the hair only is not considered a touch on the ball. (Rule 14.1.2.)

SITUATION 2: S3 and R2 simultaneously contact a ball that is in the plane of the net. The ball lands out of bounds on Team S's side of the net. **RULING:** Team S wins the rally and scores a point. When there is simultaneous contact by opponents, the team that is opposite the side where the ball lands is considered to have last contacted the ball and caused it to go out of bounds. (See Rule 14.3.2.2.)

Blood Rule: An athlete who is bleeding, has an open wound, has any amount of blood on his/her uniform, or has blood on his/her person, shall leave the court until the bleeding has stopped, the wound is covered, the uniform and/or body is appropriately cleaned, and/or the uniformed is changed before returning to competition. The player may be replaced.

Concussion Guidelines: Any player who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health-care professional.

THREATENING ANOTHER PLAYER – ALL SPORTS: Any player verbally threatening another player (i.e. "I'll meet you outside") will be ejected from the game and suspended a minimum of one additional game. Threatening another player will also result in the police being called. Threatening another player has no place in the City of Maple Valley.



NFHS OFFICIAL VOLLEYBALL SIGNALS





FORFEIT POLICY

Notification of a **No-Show Forfeit** must be phoned into the Parks & Recreation Department (425/432-9953) by 4:00pm weekdays or 4:00pm Fridays for games scheduled on weekends or holidays. It is the goal of the Parks & Recreation Department to have all scheduled games played. Teams are encouraged to explore every option necessary to avoid a forfeit.

No-Show Forfeits will be assessed a \$25 forfeit fee if the team fails to field the minimum number of players by the end of the "Grace Period."

General Forfeits will not result in a forfeit fee and could be declared for one or more of the following infractions:

- Using illegal players (i.e. players not on the roster, players using an assumed name or ineligible players)
- Misconduct by players, coaches, spectators, or team representatives before, during or after the game
- Using illegal equipment
- Failure to have the required number of players for the entire game (i.e. misconduct)

If notification is not received before the deadline, the team captain will be assessed a **\$25 forfeit fee** which must be paid before the team is eligible to play in the next scheduled game.

For all forfeits, the opposing team will receive a forfeit win. Any team with a NO-SHOW forfeit will automatically drop to the bottom of any tie breaking situations in league standings. Teams with multiple forfeits (2+) of either variety may be dropped from the league without a refund.

FORFEITING TEAMS MUST RECEIVE E-MAIL CONFIRMATION FROM THE PARKS & RECREATION DEPARTMENT TO AVOID THE \$25 FORFEIT FEE!

Bobby Quick
Recreation Coordinator
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Official Code of Conduct

All players, coaches, and team captains are responsible for reading and abiding by all conditions set forth in the Official Code of Conduct. Further, all team captains are responsible for providing the code to all team members prior to the start of the season. Participation in the league constitutes consent to the Official Code of Conduct even in the absence of payment of league fees.

NO PLAYER SHALL

- At any time lay a hand upon, shove, strike or threaten any player, official, spectator, or city personnel.
- Be guilty of a physical attack upon any player, official, spectator, or city personnel.
- Be guilty of an abusive verbal attack upon any player, official, spectator, or city personnel.
- Be guilty of severe vulgarities directed at any player, official, spectator, or city personnel.
- Be guilty of unnecessarily rough tactics against the body or person of an opposing player.
- Refuse to abide by an official's decision.
- Discuss with any official in any manner the decision reached by an official. Only one representative, who must be designated at the Pre-Game Meeting, will be allowed to have verbal interaction with the officials.
- Be guilty of an objectionable demonstration of dissent at an official's decision. Only one representative, who must be designated at the Pre-Game Meeting, will be allowed to have verbal interaction with the officials.

ALL PLAYERS AND TEAM CAPTAINS

- Are expected to abide by the rules and regulations set forth for each athletic program.
- Found in violation of the Official Code of Conduct will be immediately suspended from further play and will be reported to the Maple Valley Parks & Recreation Department.
- Shall adhere to any official or Parks & Recreation employee enforcing the code at any time.
- Removed or suspended from any game or match shall leave the recreation facility, gym or field, or any other area immediately; OUT OF SIGHT, OUT OF SOUND.

The City of Maple Valley Parks & Recreation Department reserves the right to modify the Official Code of Conduct at any time.